

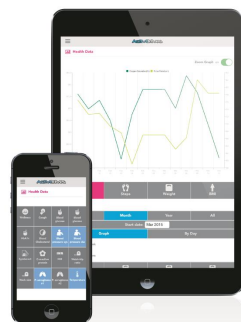
Activ8rlives

PULSE Oximeter

Bluetooth®
4.0

Being active, eating well and staying healthy.

Cardiovascular and Pulmonary Health



***Works with: iOS 8.2 and above (iPhone 4s or later & iPad 3 or later)
and select Android devices running Android 4.4 and above.***

www.activ8rlives.com

Activ8rlives



Activ8rlives

We are a healthcare company. Our mission is to empower you to take care of your health and that of your family by self-management through self-monitoring.

From tracking levels of physical activity, weight, food intake, cardiovascular and lung function, to a new generation of at-home testing for long-term lung disease, we provide the devices and web-based tools to help you be active, eat well and stay healthy. Learn more at www.activ8rlives.com

PULSE Oximeter

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Summary

Please read this manual carefully before you use your new device so that you do not injure yourself or others, or cause damage to your new device through improper use.

The **Activ8rlives** *Pulse Oximeter* Bluetooth 4.0 is a simple device which allows you to monitor aspects of your cardiovascular function—especially if you have Asthma, Chronic Obstructive Pulmonary Disease (COPD), Cystic Fibrosis (CF) and need to track your oxygen saturation levels and pulse rate.



It sends information to your private personal **Activ8rlives** account via your Bluetooth 4.0 enabled Smartphone or Tablet (not included) so that you can see how well you are doing and keep track of your health and wellbeing. You can stay committed to your goals by forming groups with other members of your family, club, school or by joining our online communities. By working together in groups, we are more successful in achieving our health goals. **Activ8rlives** is designed to help you achieve this.

The **Activ8rlives** *Pulse Oximeter* Bluetooth 4.0 helps you understand how your cardiovascular function can change throughout the week, during periods of ill health or as you change your weight and activity levels. It measures your oxygen saturation levels of your blood and your pulse rate using non-invasive monitoring technology.

When used with the **Activ8rlives** website, this device will help you to work out how close to your target values you are at any given time. This Instruction Manual shows you how to quickly set-up your **Activ8rlives** *Pulse Oximeter* — it will take just 5 minutes if you follow this guide through.

Included is a FREE **Activ8rlives** Smartphone App and website, which also tracks your food intake via our photo-based Food Diary and these images are sent directly to your Free **Activ8rlives** account. Your activity, body composition and food intake can then all be viewed on a single page. Talk about cause and effect—very powerful.



Health and Safety Notices

WARNINGS: The **Activ8rlives Pulse Oximeter Bluetooth 4.0** is **NOT waterproof**. Do not submerge it in water.

PLEASE seek medical advice before undertaking strenuous exercise or weight loss programmes. Seek advice from your Doctor about any long-term condition. This device should not be used to make a primary diagnosis.

- This device is not a toy. It is not calibrated for persons under 16 years of age, pregnant women, or professional athletes.
- Do not wash it in water. Use a soft, microfiber cloth for cleaning. Don't use harsh cleaning products as these will cause damage to your **Activ8rlives Pulse Oximeter Bluetooth 4.0**. Don't allow sharp objects to scratch the screen of the LCD **Display** as this may damage it.
- Do not allow your **Activ8rlives Pulse Oximeter Bluetooth 4.0** to be subjected to excessive forces, shocks, dust, temperature changes or humidity over the range specified. Harsh physical treatment may stop your **Activ8rlives Pulse Oximeter Bluetooth 4.0** from working properly. Don't expose your **Activ8rlives Pulse Oximeter** to direct sunlight for long periods of time.
- Don't remove the back cover and tamper with the internal components. If you do, you will invalidate your warranty and may cause irreparable damage. Other than the replacement of the batteries, there are no user serviceable parts.
- Take precautions when handling all battery types and dispose of batteries properly. Remove the batteries if you are planning to store the device for a long period of time. We hope you use your device for many years of course, but long periods of storage with the batteries in place may damage the device and will cause the batteries to discharge. Only use the battery type recommended in this manual. Do not touch the exposed electronic circuits, as there is a danger of electric shock.
- When disposing of this product, ensure that it is collected separately for special treatment and not as normal household waste.
- The measurement functions built into the **Activ8rlives Pulse Oximeter Bluetooth 4.0** are not meant to substitute professional measurement or industrial precision devices. Values produced by the unit should be considered as reasonable representations only.
- The technical specifications for this product and the contents of the user manual are subject to change without notice.
- Contact **Activ8rlives** if your **Pulse Oximeter Bluetooth 4.0** does not work properly.

Bluetooth™
4.0



Activ8rives

Display and Button

Your **Activ8rives** *Pulse Oximeter* has two parts, the DISPLAY (LCD) and the on/off BUTTON. It is also supplied with a storage box and Quick Guide Instruction manual.

Your **Activ8rives** *Pulse Oximeter* also has a finger size adjustment, which can accommodate larger circumference fingers to be measured.



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Adding the Batteries

Your **Activ8lives** Pulse Oximeter Bluetooth 4.0 uses two AAA batteries, which are supplied. These are non-rechargeable batteries and no attempt should be made to recharge these.



Remove the back cover and add the
2 x AAA batteries in the direction indicated.

Replace the cover. The **Display** should light up now when
you press the on/off **Button**.

If not used, it will power off after about 30 seconds. A
faulty operation would make it power off also.



Remove the batteries if you are planning to store the
device for a long period of time. We hope you use your
device for many years of course, but long periods of
storage with the batteries in place may damage the
device and will cause the batteries to discharge.

Replace the set of batteries (2 x AAA) in the right direction
when the battery sign on the **Display** is shown as “LO”.



Note: Do not tamper or attempt to open the unit in which the
battery is housed, your warranty will be invalidated. Substances
contained within the battery may damage the environment or
human health if handled and there may be a risk of electrical
shock or burns. When disposing of this product, ensure that it is
collected separately for special treatment and not as normal
household waste.

Bluetooth
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Activ8rlives

How does the **Activ8rlives Pulse Oximeter Bluetooth 4.0** work?

The **Activ8rlives Pulse Oximeter Bluetooth 4.0** is a non-invasive method allowing the monitoring of the saturation of a haemoglobin in your blood.

A sensor is placed on a thin part of your body, usually a fingertip or earlobe (separate adapter required).

Light of two wavelengths is passed through the finger (or earlobe) to a photodetector. The changing absorbance at each of the two wavelengths (600 nm and 880nm) is measured, allowing determination of the absorbances due to the pulsing arterial blood alone (the blood flowing from the heart and lungs), and excludes venous blood (the blood returning to the heart and lungs), skin, bone, muscle, fat, and in most cases nail polish.

A blood-oxygen monitor displays the percentage of arterial haemoglobin in the oxyhaemoglobin configuration. Acceptable normal ranges for patients without COPD with a hypoxic drive problem are from 95-99 percent (%), in those with a hypoxic drive problem would expect values between 88-94%. Values of 100% can indicate carbon monoxide poisoning. For a patient breathing room air at sea level, an estimate of arterial oxygen saturation levels (pO_2) can be made from the blood-oxygen monitor SpO_2 reading.

The monitored signal fluctuates in time with the heart beat because the arterial blood vessels expand and contract with each heart beat. By examining only the varying part of the absorption spectrum (essentially subtracting minimum absorption from peak absorption), a monitor can ignore other tissues or nail polish (though black nail polish tends to distort readings) and discern only the absorption caused by arterial blood. Detecting a pulse is therefore essential to the operation of the **Activ8rlives Pulse Oximeter Bluetooth 4.0** and it will not function if there isn't one.

Your *Pulse Oximeter* will therefore give you two important pieces of information: your oxygen saturation levels and your pulse rate.

If in doubt, contact your Doctor for advice.

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PULSE Oximeter

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OK, let's get started

This guide will instruct you how to:

- 1 Install the [Activ8rlives](#) Health and Food Diary App to your iOS or Android Smartphone or Tablet;
- 2 Instruct you how to operate, use and take care of your [Activ8rlives](#) *Pulse Oximeter* Bluetooth 4.0 and connect to your Smartphone or Tablet; and
- 3 How to take routine readings and upload directly to your [Activ8rlives](#) account.

If you follow these directions sequentially, it will take you about 5-10 minutes to learn how to measure your blood oxygen saturation and heartrate and connect to the [Activ8rlives](#) Smartphone App.





Bluetooth
4.0



Activ8rlives

Your Bluetooth 4.0 Smartphone or Tablet

IMPORTANT NOTE: The **Activ8rlives** *Pulse Oximeter* Bluetooth 4.0 uploads your data directly to your FREE **Activ8rlives** account via your **Smartphone or Tablet which must be Bluetooth 4.0 enabled**. Included is a FREE **Activ8rlives** 3.0 Health and Food Diary App for Smartphones or Tablets (iOS 8.2 and above and Android 4.4 and above for select Android devices with Bluetooth 4.0). The *Pulse Oximeter* Bluetooth 4.0 will not work fully if you do not have a Bluetooth 4.0 enabled Smartphone or Tablet (not include).

An iOS 8.2 and above (iPhone 4s or later and iPad 3 or later). Android 4.4 and above for selected Android devices with Bluetooth 4.0 are required to synchronise with your *Pulse Oximeter*.

Compatible Bluetooth 4.0 Smartphones or Tablets

Wireless connectivity uses Bluetooth 4.0 to Smartphones and Tablets.

These operating systems are compatible with the **Activ8rlives** App:

- iOS 8.2 and above. Must be run on an iPhone 4S or later or an iPad 3 or later. Earlier versions of these devices are not Bluetooth 4.0 enabled.
- Android 4.4 and above for selected Android devices with Bluetooth 4.0.
- Many non-Bluetooth devices can be made to communicate with the *Pulse Oximeter* using our POGO device, which plugs into the earphone socket of your Smartphone or Tablet and is available separately from **Activ8rlives**. See our website www.activ8rlives.com for further information.

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Installing the FREE **Activ8rlives** App on Your Smartphone or Tablet **requires Bluetooth 4.0 enabled devices**

The *Pulse Oximeter* Bluetooth 4.0 uploads and downloads information directly to and from your FREE **Activ8rlives** account each time your Bluetooth 4.0 Smartphone or Tablet is connected to it.

Download the FREE **Activ8rlives** Smartphone App from the App Store appropriate to your device. Search for **Activ8rlives**.



iOS 8.2 or above (iPhone 4s or later and iPad 3 or later). Earlier versions do not support Bluetooth 4.0.



Select Android devices running Android 4.4 or later. Devices must support Bluetooth 4.0.



Amazon App Store for Android 4.4 or later is now available for devices that support Bluetooth 4.0.

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Register for your FREE

Activ8rlives Account

Once you have installed the **Activ8rlives** 3.0 App, open the App making sure your Smartphone or Tablet is connected to the internet with **Bluetooth 4.0** switched on.

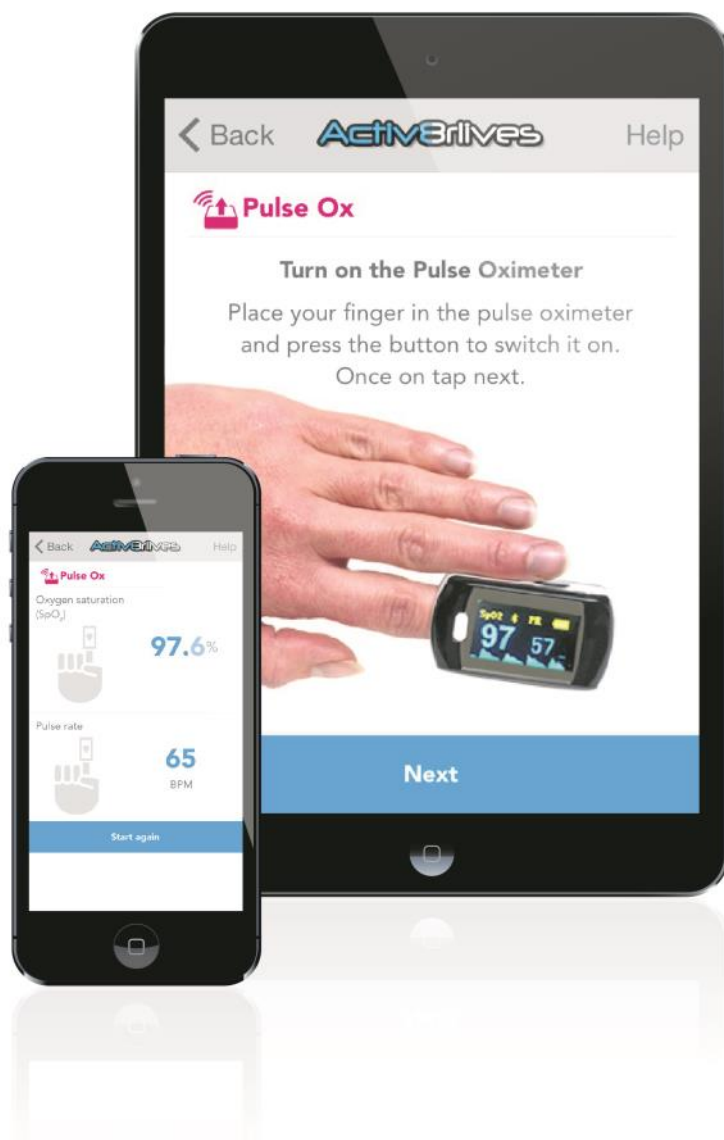
If you have already Registered, you can **Login** to your **Activ8rlives** account. Click the **Login** icon.

If you have not previously Registered for your FREE **Activ8rlives** account, then click the **Register** icon at the bottom right-hand corner of the App screen.

Completing your Registration

To complete the Registration for your FREE **Activ8rlives** Account, add the correct details for yourself by following the instructions on the App and selecting **Next** at the bottom of each page.

As you complete the information, your **Activ8rlives** account begins to learn more about you and your health. These data are used to help you with your self-management through self-monitoring. You can always edit these data later if you make an error, but please try to be accurate in entering your weight, your height and age. These are important data. A conversion chart to assist you can be found on our website under the **Information** tab in the top menu.



1

Bluetooth™ 4.0



ActiveBrides

< Cancel **ActiveBrides** Help

📌 **Your Activity**

Set your target daily activity level (in minutes) and see how it corresponds to activity measured in steps.

Recommended daily steps 10000	Recommended daily activity 60 mins
Daily steps I can achieve 1670	Time I can invest per day 10 mins

🕒 🕒

Previous Next

Completed Registration

Once you have completed your new Registration you will be provided with a view of your information and summary of your activity and weight targets.

Remember your **Username** (email) and **Password** details associated with your account and keep these safe.

< Cancel **ActiveBrides** Help

📌 **Your BMI**

Set target weight for a healthy BMI (19-25 is a healthy BMI)

Current Weight 56 kg	Current BMI 23.3
Target Weight 56 kg	Target BMI 23.3

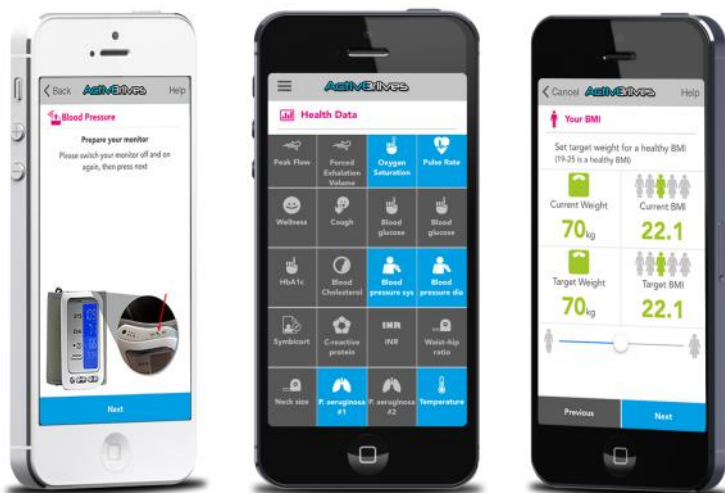
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Previous Next

ALL NEW **ActiveBrives** Generation 3

Health and Food Diary Self-Monitoring App

iOS and Android





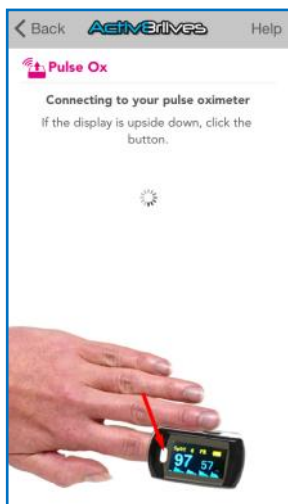
Connecting to the **Activ8rlives** App by Bluetooth 4.0

Ensure that **Bluetooth 4.0 is switched on**, on your Smartphone or Tablet.

Launch the **Activ8rlives** App.

Pressing this icon  will take you to the **Main Menu**.

Select the **Upload Devices** from the menu list and touch the image of the *Pulse Oximeter*, which then takes you through easy steps to prepare your monitor for connecting by Bluetooth 4.0 and taking a measurement.



Ready to Take a Pulse Oximeter Measurement

Now insert your index finger into the device so that the tip overlies the reading window on the inside of the finger cuff.

Press the **Button** on the device to switch it on. Once on tap **Next** on the App screen.

You will need to wait for the traceline to become stable (up to 30 seconds) and **remain still throughout**.

2

Bluetooth™
4.0

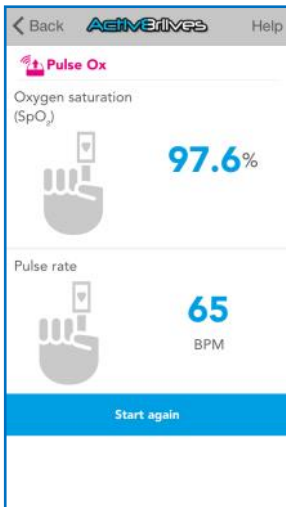


Active8lives



Reading the Data from the Pulse Oximeter

Remain still for 50 seconds while the *Pulse Oximeter* measures your blood oxygen saturation and pulse rate. The App will give you a countdown to the time when the reading will be completed.



A summary of your data is then displayed on the App screen, with the top figure being the Oxygen Saturation (SpO_2) and the lower figure being the heart beats per minute (BPM).

Easy! No buttons, no programming and you can use this for all the members of the family who can each have their own **Active8lives** account.

3

Bluetooth™ 4.0



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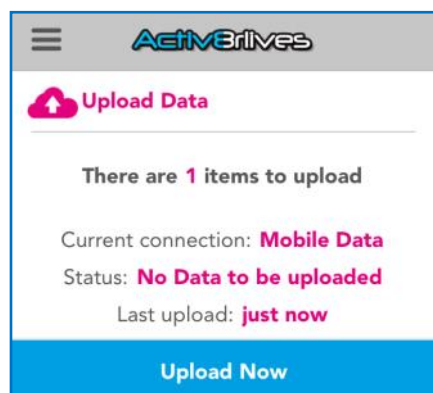


Sending your Data to the Cloud

If your Smartphone or Tablet is connected to the internet by WiFi, your data will upload to your online **Activ8rives** account automatically.

When on a cellular network, notice the **Cloud** symbol has an upward scrolling arrow indicating that there is data to **Upload**.

Touch the **Cloud** and it will automatically detect and upload if you are on WiFi or will find a Cellular network to upload the data. If there are no networks available the data will be uploaded at a later time by either WiFi or Cellular when you are within range. The data is not lost and you do not have to take the reading again.



When the data is stored in the secure **Cloud**, this means that you can view your data (from today, yesterday, a week, a month or years ago) at any time via the Smartphone App or via the main **Activ8rives** website www.activ8rives.com. Use the same **Username** and **Password** that you used for your App to **Login** to your account on the main website in any browser.

The website has a lot more features than can be incorporated into the App.

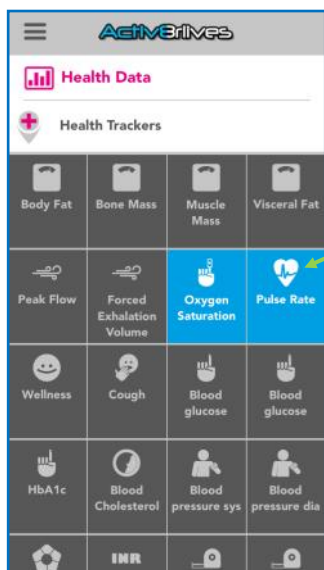


3

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Viewing your Pulse Oximeter Data on Smartphone

Select from the Health Data from the Main Menu of the **Activ8rives** App and select the Oxygen Saturation and Pulse Rate trackers (which turn **blue** when selected) from those available.

From this screen, you can select and deselect which data you want to show in this top graph. Within this section you can start to see trends of what affects your other health parameters, and you begin to learn good behaviours or declining health.



You can also select the timeline over which you wish to view your health data—a week, month or year or a specific period of time.

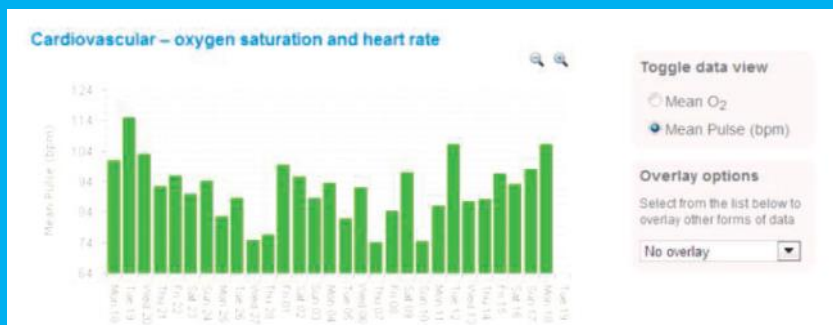
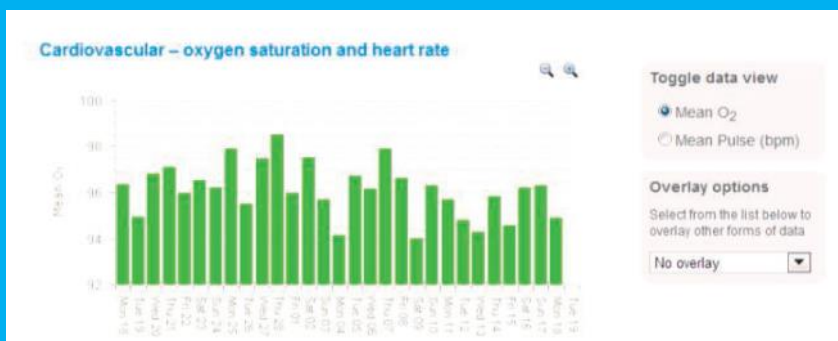
Along with the **Activ8rives** Pulse Oximeter, you can monitor and adjust your levels of physical activity (*BuddyBand*), body composition (from the *Body Analyser* Bluetooth 4.0) and food intake can also be viewed on a single page. Talk about cause and effect - very powerful.

If in any doubt about your health, please consult your medical team first and follow their advice closely.



Case Study

The health data below is from a patient with a long-term respiratory condition. The top image show the Mean Oxygen saturation level and the bottom image shows the Mean Pulse Rate beats per minute (bpm).





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Quick Tour on your App

A **Quick Tour** showing what the **Activ8rlives** 3.0 Smartphone App can do is available from the App **Login** page at the bottom. Scroll down to see a quick overview of what you can do with this App.

Help is also available on every page of the App, in the top right-hand corner.



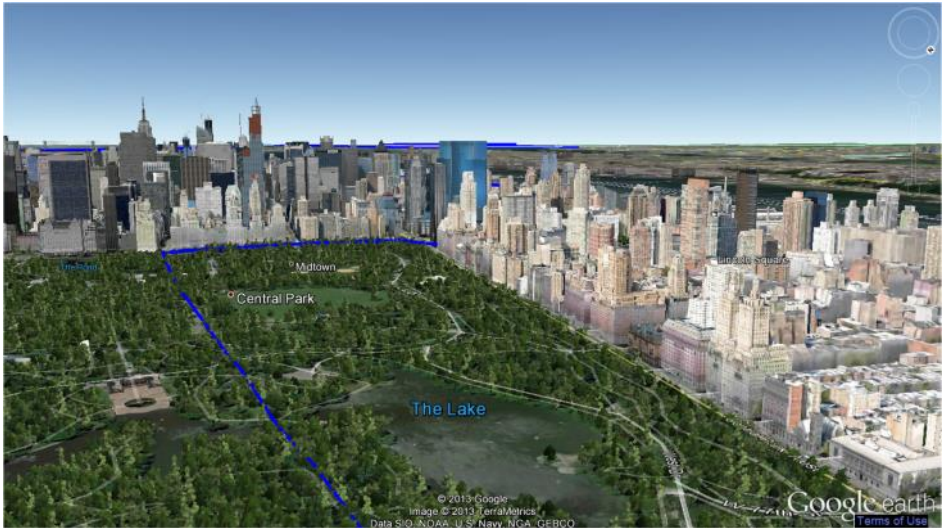
Quick Guide to the **Activ8rlives** Website Home Page



The **Activ8rlives** 3.0 Health and Food Diary App is just the start of the self-monitoring experience. There is so much more to explore online at www.activ8rlives.com

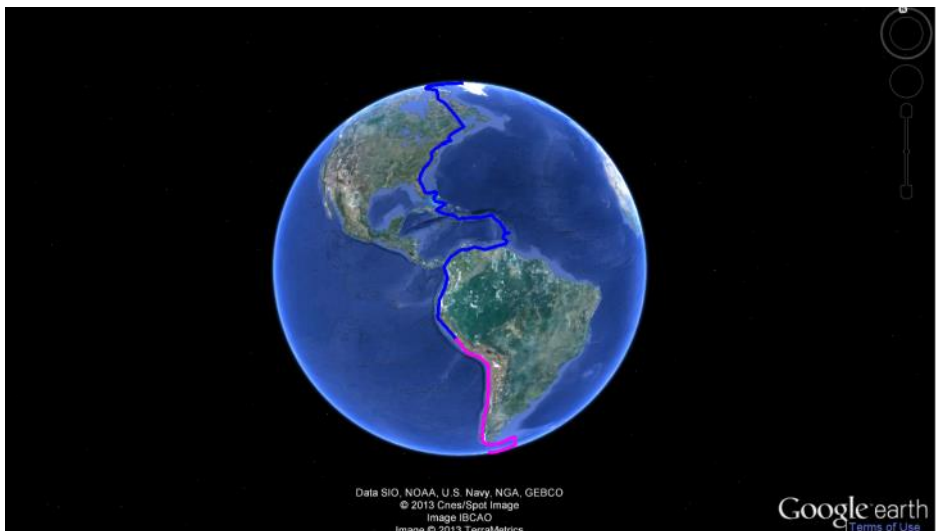
Our website has a secure **Login**—you use the same **Username** and **Password** that you use on the App. All of your data is stored there. You can create walking adventures, join groups and see your data in powerful new ways. The *Food Diary* page is an eye opener for many. In this Instruction Manual, we won't explain everything—half the fun is learning what the site can do for you, but we will cover the basic set-up to get you started. The site has 7 major sections:

1. **HOME**—where you can see at a glance what is going on.
2. **DATA** —this is information about your activity and health (KPIs), which only you can see. It's where you can set-up your personal details and add/remove devices.
3. **FOOD DIARY**— powerful tool to track your food and drink intake, to help you manage your weight. Works with the FREE **Activ8rlives** Smartphone App.
4. **GROUPS** — this is where you can find, join and create groups and chat to your friends.
5. **REWARDS** —where you can see how many points and medals you have earned and where you can donate points to the groups you are a member of.
6. **ACCOUNT**—how to change your details, passwords, targets and a place to create custom trackers.
7. **HELP**—video instructions and information about health data collected.



A Walk in the Park

Google Earth™ is built into [Activ8rlives](#). This tool can be used by group Administrators to design a route for the group to walk along. Steps from each group member are combined and progress can be tracked using the stunning imagery available.



Join a Group or Start Your Own!

We work best in groups. This motivates and provides support for this function. This can be used for: family, friends or Corporate teams, for charity events, personal health training or fundraising activities.



Personal Activity Medals are earned for achieving targets. Donation points are also earned for physical activity and for self-monitoring. These Donation points can be awarded to the groups you are a member of: a way of saying "Great Job!" to group members. The more in your group, the more points your group will receive and the higher it moves up in the ranking.

Some of our best performing groups

Walk around the World

This is a group supported by [Activ8rlives](#).

We are walking around the World together *in silico* using Google Earth™. The aim is to work together and support each other to be more active. While we do this, we want to have some fun too.



Activ8rlives A8 group

This is a demonstration and support group for people who are new to [Activ8rlives](#). The purpose is to help you get orientated, supported and up-and-running. Once you understand how the site works, you can unjoin (if you want to) and create your own groups. This is a public group and open to all [Activ8rlives](#) users.



PULSE Oximeter

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Specifications	Description
Pulse oxygen saturation (pO ₂)	2-digit digital OLED display
Pulse rate (bpm)	3-digit digital OLED display
Pulse intensity	Bar graph OLED display
SpO₂	
Measuring range	35—100% (resolution 1%)
Accuracy	70—79% accuracy is $\pm 2\%$, 80—100 accuracy is ± 3
Low perfusion	
Range	0.5 - 20%
SpO ₂ accuracy	$\pm 2\%$ (70—100%)
PR accuracy	25—250 bpm ± 2 bpm
Pulse Rate	
Range	25—250 bpm (resolution 1 bpm)
Accuracy	± 2 bpm
Battery type	
Alkaline	2 x AAA 1.5V batteries (BM1000)
Power consumption	Smaller than 50mA
Transportation/storage temperature	-20 ~ 70°C
Transportation/storage humidity	-10 ~93%
Atmospheric pressure	50—106 Kpa



Warranty

Activ8rlives (Aseptika Limited) guarantees this product for one (1) year after the date of purchase. The guarantee does not cover the battery, packaging and damages of any kind due to misuse, such as: dropping or physical misuse caused by the user or water damage. Claimed products will be replaced when returned marked as **DAMAGED** together with the original proof-of-purchase to the retailer you purchased the device from. For any general enquiries or technical questions concerning the product or questions about the warranty, please contact **Activ8rlives**—details are on the back of this Instruction Manual.

EU-Declaration of Conformity



Activ8rlives declares that the **Activ8rlives** *Pulse Oximeter* Bluetooth 4.0 is in compliance with EMC directive 2004/108/EC.



This symbol indicates that this product should not be disposed of with other household wastes in the EU. Please recycle responsibly. To dispose of your used device, please do not dispose of in normal household waste or contact the retailer you purchased this product from, who will advise on correct disposal.

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Support your family's health

36.5°C

82bpm

380 L/min

"My Dad is staying out of hospital now and together we are managing his COPD from home with self-monitoring."

Simple solutions for self-management



www.activ8rlives.com



Find [Activ8rlives](#) products on

amazon

 **Robert Dyas**

Download Free [Activ8rlives](#) 3.0 Health and Food Diary App



Activity Tracking

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Buddy Band

Bluetooth™
4.0



The **Activ8lives BuddyBand Bluetooth 4.0** is a wearable wristband with integrated Bluetooth 4.0, 3D Sensor, upgradable firmware, with data upload to FREE Smartphone App via Bluetooth 4.0 or USB to your PC (Windows or OSX). The *BuddyBand* allows you to track your activity levels and energy expenditure — especially useful as part of an exercise schedule or weight loss programme. It uploads information to your private personal FREE account at **Activ8lives** so that you can learn to manage your health and wellbeing and better support your family and friends with theirs.

- Records steps, calories burned, vibration alerts and LED shows intensity of exercise.
- Adjustable size, 3 interchangeable straps in Black/Blue/Pink. May not be suitable for sensitive skin.
- Displays time – looks like a modern watch and you can check your progress throughout the day.
- Synchronises with FREE **Activ8lives** App via Bluetooth 4.0 or PC (Windows or OSX) via integrated USB.
- FREE **Activ8lives** Smartphone App (iOS 8.2 and above and select Android devices running Android 4.4 and above).
- Fully comply with EU Privacy Laws.
- No cable required, no programming. Initially charge for 1 hour and subsequent charges for 15 mins and works 3 days between charges.
- Sweat and splash proof but NOT waterproof. Not for use in swimming pool, shower or sauna.
- Learn from visualisation of combined weight, activity and Food Diary.
- Work in groups for added motivation. No subscription fees - FREE account for life!

Eating well

Activ8rlives

Food Diary

FREE Smartphone App

Bluetooth™
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Track your food and liquid intake using our free [Activ8rlives](#) photo-based *Food Diary*.

- Take pictures of what you eat and drink with your Smartphone.
- Records photos in your [Activ8rlives](#) Smartphone *Food Diary*.
- See what you eat and drink every week.
- Updates and stores data in your [Activ8rlives](#) cloud account and not on your Smartphone.
- Score everything you consume as a **Good Choice** or a **Bad choice** for YOU!
- No calorie counting. No points.
- Record and track your daily activity levels and weight.
- Learn how your weight changes when small changes are made to your diet and levels of exercise.
- Join online groups and form communities with friends and family.
- Chat with your group, provide support and receive encouragement.

Cardiovascular Health

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Blood Pressure Monitor



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The **Activ8rives Blood Pressure** Bluetooth 4.0 monitor is an easy-to-use device that can measure your blood pressure — especially useful if you suffer from previously diagnosed conditions, which result in high or low blood pressure. This device is intended for measuring the blood pressure on the upper arm for people with an upper arm circumference of 22 to 42 cm (about 9-17 inches). It is intended for use by adults only.

Automatically uploads information from your **Activ8rives Blood Pressure** Bluetooth 4.0 monitor to your Smartphone or Tablet (not included) via FREE **Activ8rives** App. Devices support are: iOS 8.2 and above (iPhones 4s or later or iPads 3 or later) and selected Android devices running 4.4 and above.

- Accurately measures Systolic and Diastolic blood pressure, and irregular heart beat.
- Upper arm measurement for accuracy, with adjustable cuff for 22-42cm (9-17") circumference.
- Single integrated unit with wireless Bluetooth 4.0 set-up – no programming required.
- Automatically uploads to FREE **Activ8rives** account via Smartphone App.
- Easy to use, large LCD display and buttons for ease of use.
- Fully comply with EU Privacy Laws.

Body Composition

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Body

Analyser



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The **Activ8lives** Body Analyser Bluetooth 4.0 determines your weight and your visceral fat index. In addition to calculating your Body Mass Index (BMI), it calculates your percentage of muscle and fat, so that you can see whether your exercise or weight loss programme is removing fat (good) or losing muscle (bad), allowing you to monitor and adjust your regime.

The *Body Analyser* Bluetooth 4.0 uploads your stored data directly to your FREE **Activ8lives** account via your Smartphone or Tablet with Bluetooth 4.0 enabled devices. Includes a FREE Smartphone App (iOS 8.2 or later, selected Android 4.4 devices or later), which also tracks your food intake via our image-based Food Diary.

Being active, eating well and staying healthy is about making small changes to your lives. Being active is one of these challenges and **Activ8lives** helps you to make simple changes, which you can fit into your already busy daily schedule to stay healthy.

- Requires Bluetooth 4.0 Smartphone or Tablet to use and uploads data to your FREE account.
- Accurately measures: weight, BMI, Visceral fat, Body fat, Bone and Muscle Mass.
- FREE Smartphone App.
- Fully comply with EU Privacy Laws.
- Simple – no programming of smart scales required.
- Learn from visualisation of weight, combined with activity and Food Diary.
- Work in groups for added motivation.

Peak Flow Meter



The **Activ8rlives Peak Flow meter** is a simple electronic device which allows you to monitor your lung function—especially useful if you have Asthma, Chronic Obstructive Pulmonary Disease (COPD), Cystic Fibrosis (CF) and need to track your Peak Expiratory (PEF) and Forced Expiratory Flow at 1 second (FEV₁).

It sends information to your private personal FREE **Activ8rlives** account via a USB connection to your PC, or using **Activ8rlives** POGO Bluetooth 4.0 USB Hub to your Smartphone or Tablet. You can see how well you are doing and keep track of your health and wellbeing. You can stay committed to your goals by forming groups with other members of your family, club, school or by joining our online communities. By working together in groups, we are more successful in achieving our health goals. **Activ8rlives** is designed to help you achieve this.

The **Activ8rlives Peak Flow** meter helps you understand how your lung function can change throughout the week, during periods of ill health or as you change your weight and activity levels. It measures your total lung capacity (PEF) and also determines how restricted your airways are (FEV₁) using a non-invasive monitoring technology.

- Single button operation.
- Upload data directly to your Free **Activ8rlives** account via USB lead supplied.
- Fully comply with EU Privacy Laws.
- Downloads your target PEF and FEV₁ values to the device, with performance indication.
- Takes best of three readings.
- Allows timeline evaluations (before and after treatments etc.).
- Central chamber and mouth piece are washable.
- Replaceable 2 x AAA 1.5V batteries.

Contactless Thermometer



Bluetooth™
4.0

The **Activ8rlives Contactless Thermometer Bluetooth 4.0** is an easy-to-use device that can measure your body's temperature. It sends information to your private personal **Activ8rlives** account via your Bluetooth 4.0 enabled Smartphone or Tablet (not included) so that you can see your precise temperature without contact and to help you keep track of your health and wellbeing and that of your family.

The **Activ8rlives Contactless Thermometer Bluetooth 4.0** does a lot more than just measure your body temperature — it helps you understand how your body is changing in response to numerous factors, such as age, sex, type and thickness of skin, internal biochemical and physiological changes. It also measures surface temperature.

- Contactless and simple operation.
- Measures body, ambient and surface temperatures.
- Upload data directly to your Free **Activ8rlives** account via Bluetooth 4.0.
- Fully comply with EU Privacy Laws.
- Replaceable 2 x AA battery.
- Suitable for all ages.



This Instruction manual is available FREE for download at <http://www.activ8lives.com/information/library.html> after **Login** and can be found in the **Help** section.

Make it fun—do it together!

We are more effective when we work in groups.

Be active, eat well and stay healthy.



Be active, eat well and stay healthy.

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Award winning



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